

January 2024

Connie's CORNER



Happy New Year! I want to wish everyone a happy, healthy, and prosperous new year.

As we look to the new year ahead, I hope that you will find a new activity, class and outing to attend each month! There's something for everyone, so be sure to join us on some exciting, new adventures.

Join us for an in-person "Life Enrichment Breakfast & What's Happening at Kavod" on Thursday, January 4th at 10 am in the Shul Classroom. We will have coffee, tea, and breakfast goodies to enjoy during the meeting. Door prizes!

Be sure to log-in to **Touchtown** for loads of content, videos and announcements.

If you would like to serve on the resident Kavod Academy of Lifelong Learning Advisory Board, please fill out the form inserted in this publication and return to the front desk to my attention.

Connie Moore

Director of Life Enrichment

720.382.7813

cmoore@kavodseniorlife.org



**Celebrate
National Activities
Professionals Week!
January 22-28**

During National Activity Providers and Professionals Week, we celebrate the dedication and passion of our staff who provide the many wonderful trips, classes and events at Kavod Senior Life!

The creativity, care and commitment to enhancing the lives of our residents is nothing short of inspiring.

Together, we make a meaningful difference every day.

Be sure to thank our Life Enrichment staff, Health & Wellness staff and Rabbi Steve who do so many incredible activities to enrich your lives.

Welcome New Residents

Mikhail Borisov – 603 West Building

Nancy Collier – 212 West Building

Mary Courtney – 403 West Building

Ganna Nankova – 713 East Building

Yevheniia Vyshnevetska – 405 East Building

Chester Young – 309 West Building

From Chaplaincy and Spiritual Services



Kehillat Kavod: Kavod's Jewish Community

Services are held in the Shul, East Building, on the 2nd floor.

FRIDAY NIGHTS - KABBALAT SHABBAT 6 pm – Shul

Friday, January 5

Welcome Shabbat with Rabbi Steve

Friday, January 19

Welcome Shabbat with
Rabbi Kim Harris

SHABBAT MORNING SERVICES WITH Dr. Seth Ward 10 am – Shul

Saturday, January 13

Remembering Martin Luther King Jr.

Saturday, January 27

International Holocaust
Remembrance Day



Every Sunday morning (Except 1st Sunday of the month) 10 am in Pikes Peak

Join with Rev. Dale Lee and our welcoming non-denominational **Christian faith community** for a wonderful uplifting service and connecting community within our larger community.

The Mustard Seed Community is a welcoming group, imbued with faith, inspired by a loving connection with God, and eager to share the joy of living with the world around us. We hope you will join us in worshipping together.

Sunday, January 14

10 am – Pikes Peak

Led by Reverend Dale

Sunday January 21

10 am – Pikes Peak

Led by Reverend Dale and
Steve Miller on piano

Sunday January 28

10 am – Pikes Peak

Musical Service and Communion

Led by Reverend Dale & Steve Miller on piano

From Chaplaincy and Spiritual Services



Mindfulness Practice Group

*****NOW on Tuesdays too!***

****Starting January 16:***

Tuesdays at 2:30 pm

Blue Spruce

Thursdays at 2:30 pm

Mt. Blue Sky

***Dial-in available as well: 877 230-3480,
then enter 2151***

Join us for 30-45 minutes of checking in and supporting our group practice of "Mindfulness," which can be described as "Moment to Moment Nonjudgmental Awareness." We practice to maintain resilience in challenging times, and as Viktor Frankl described, create more space between stimulus and response, which is where freedom truly lies. Increase joy and peace, self-compassion, and the ability to be with what is. All levels welcome. Contact Rabbi Steve with any questions: 720 382-7836, or sbnadav@kavodseniorlife.org



Wednesday, January 17

10:45 am – Bistro

**Sacred Grounds: Schmooze in
the Bistro with Rabbi Steve**

Pick up food or drink of your choice with your "bistro bucks." Then join us at a special table for conversation.

Basically an open conversation with our chaplain. Feel free to bring a question or topic of interest.

Rabbi Steve will also bring a sacred text or life question for discussion.

Contact Rabbi with any questions or suggestions in advance at: 720 382-7836, sbnadav@kavodseniorlife.org



Sunday, January 7 & 21

6 pm – Shul Classroom

A Bissel" (A Little) Yiddish with Malka

Everyone has used a Yiddish word or phrase from time to time. When asked if you speak Yiddish, the common reply is A bissel! Many people understand Yiddish but can't speak it and truthfully, you know more Yiddish than you think.

Join fluent Yiddish speaker Malka Amster for an hour of conversation in Yiddish in conjunction with the English language. This lively group delves into Yiddish culture and language through the lens of its participants, handouts and humor. This spirited gathering will help you use more words and phrases to incorporate into English. No experience speaking Yiddish is necessary, but having fun is! A bee gezint!.

From Chaplaincy and Spiritual Services



**Sunday, January 14
6 pm – Shul Classroom**

Understanding Judaism ☆

Come learn with master teacher and resident Malka Amster!

Jewish customs, ceremonies, rituals and holidays shared in a relevant, fun and enlightening way.

A refresher for someone and an introduction for others!

All are welcome!



Kehillat Kavod and Jewish Family Service

**Invites you to honor local survivors
and commemorate
International Holocaust
Remembrance Day**

**Friday, January 26
1 pm - Shul**

The United Nations General Assembly designated January 27, the anniversary of the liberation of Auschwitz-Birkenau—as International Holocaust Remembrance Day. On this annual day of commemoration, the UN urges every member state to honor the six million Jewish victims of the Holocaust and millions of other victims of Nazism and to develop educational programs to help prevent future genocides.

Kehillat Kavod is collaborating with Jewish Family Service to host this special event.

Cantor Zachary Kutner, a survivor himself, will join us to chant the El Malei Rachamim prayer of compassion for those who died. Non-resident and resident survivors will be honored. It is open to everyone and will include some Russian translation. Please join us in remembering and honoring the lives of all those who perished in WWII. Rabbi Steve and Pastor Caitlin Trussel will lead this event with a few other special guests and accompanied by Rabbi Birdie Becker on cello.



From the Director of Life Enrichment

Food Bank of the Rockies trips

*****Please note, Jewish Family Services has asked us to bring only 6 residents each time we go to pick up commodity boxes and shop in the JFS Food Pantry.***

Trips dates are as follows, if you have filled out the application, please sign up for ONE of these dates this month:

***Note new departure time!**
Van NOW departs at 11:30 am
Tuesdays, January 9, 16 & 23

If you are interested in receiving a commodity box and shopping for food at the JFS, please pick-up the application at the front Reception window, complete the form and turn back in to the front Reception window, Attention: Connie Moore. The first time you go to JFS they will give you a card with a barcode and you will need to bring it with you on the trip each time. Be sure to bring your own bags.

You can go to our front Reception window to **sign-up for ONE trip there each month.** There is no cost for this trip.

For more information and questions, please call Connie Moore at 720.382.7813 and leave a message. For information in Russian, please contact Marina Naroditskaya at 720.585.1489.

The “Evergreen Box”

Delivery Program of the Food Bank of the Rockies Commodity Box

The Food Bank of the Rockies offers home delivery of the food bank commodity box **for those Kavod residents that are physically unable to go to the Jewish Family Services to pick up their monthly box of commodities.** This program is known as the Evergreen Box. Residents will need to call the Food Bank of the Rockies directly to sign up for this program at 720.806.1990. The Food Bank of the Rockies staff will work with you to see if you are eligible for this service.

If you are currently enrolled in the Food Bank program they can work with you to transfer your case. If approved, they will deliver directly to your apartment, and when available, they will include a bag with fruit and vegetables. ***If you are not at home when they deliver, they will leave your items outside your apartment door.***

**** Please note that if you choose to have your commodity box delivered, you will NOT be able to pick another one up on our trip to the monthly JFS!** You would still be allowed to go on our monthly trips to get items in the JFS Food Pantry.



Please thank
the Life
Enrichment Team!

Connie Moore, Director of Life Enrichment
Dmitriy Umanskiy, Lead Driver/Life Enrichment Assistant
Dana Thornton, Van Driver/Life Enrichment Assistant
Susan Schoenthal, Life Enrichment Coordinator
Genny Hale, Volunteer Engagement Coordinator
Elizabeth Stanbro, Intergenerational Program Coordinator

(Also known as the “Activities & Volunteer” department at Kavod)

Did you know that the bands that perform around Kavod for various special events and activities are provided by Life Enrichment?

Did you know that all of the Happy Hours, Birthday Parties, Birthday gifts, wine, beer, and snacks are provided by Life Enrichment?

Did you know that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?

Did you know that Touchtown and the monthly Voice & Calendar come from Life Enrichment?

Please take a minute when you see this hard working team to thank them for all these things and SO much more!

Life Enrichment



Genny Hale
Life Enrichment, Volunteer Engagement Coordinator

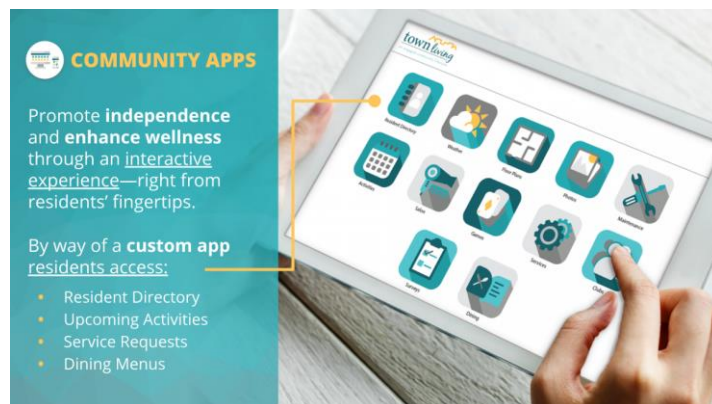
Happy New Year and may the upcoming year bring you much joy! Though it can be dark and cold during the winter months, you can bring light and warmth to others. Don't let your light go out, volunteer! There are so many possibilities from delivering newsletters, to working at the gift shop kiosk, to teaching a class, to providing assistance to your neighbors and the list goes on. If you have a special skill such as sewing or computer skills let me know as we can use those skills to help our community.



At Kavod we are also blessed to have many wonderful community volunteers. For example in December,

Temple Sinai volunteers brought handmade, knitted lap blankets for some Kavod residents to enjoy and to stay warm in. That act of kindness brought many smiles.

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. For those who already volunteer, **please remember to turn in your volunteer time sheets to me if you volunteer! The volunteer mailbox is located next to the Gift Shop Kiosk on the 3rd floor bridge!** If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at ghale@kavodseniorlife.org.



Life Enrichment is very excited to help you learn about the FREE touchtown Community App!

Touchtown is A FREE, innovative way to communicate, connect and stay engaged at Kavod!

In case you are new, or haven't heard about Touchtown, contact me for all of the details.

Don't forget we have loaner iPads and we can help you download the App and get you started!

Please direct all questions to Connie Moore at 720.382.7813

touchtown

CONNECT

with us



GET STARTED BY

- 1** Searching for Touchtown in your device's app store
- 2** Downloading Community Apps
- 3** Logging in with the username and password provided by your community

On your smartphone or tablet, go to the apps store and download the FREE touchtown Community Apps, and login in with the following:

USER NAME: 4575

PASSWORD: 4575

On your computer you can access Community Apps by going to **www.communityapps.com** and logging in with the same user name and password above.

SENIOR PLANET

FROM **AARP**

Making Technology Accessible...and Fun!

Wherever you are in the world, you can subscribe to their newsletters and join free classes online and get help over the phone with technology issues.

Call the Senior Planet Hotline to speak with a technology trainer at no cost to you.

They will walk you through your questions on the phone: **888-713-3495**

Also, sign up to join us as we go to their Community Center in Lowry for in-person classes each month, so watch for these trips in the "TRIPS" section of the Voice each month!

If you'd like to drive there on your own, visit their website for in-person class schedules at www.seniorplanet.org.

The Senior Planet center in Lowry is a stand-alone community center dedicated to leveraging the power of technology to improve the way we age.

The center offers Colorado residents age 60 and over a comfortable space to learn, work, and explore new ways to thrive in today's digital world.

WHAT YOU'LL FIND WHEN YOU STOP BY:

The Senior Planet center hosts technology classes geared to people 60-plus, along with workshops, talks, and social events. The

Lowry center is always busy with activities, both scheduled and unscheduled. Besides attending workshops, seminars, presentations, and events related to digital technology, you can drop in to use their computers and wifi, play a video game, or check out one of the new tech gadgets they have on hand.

The best way to find out more about the Senior Planet center is to stop by in person at 7585 E Academy Blvd, Denver, CO 80230, go with us on the monthly trip, call them, or go to their website.

You can also reach them by phone or fill out the form to contact them on their website: www.seniorplanet.org

Phone

Center: 720-328-0875

Senior Planet Hotline: 888-713-3495

Regular Hours

Monday-Friday, 9:30am-5pm

FROM LIFE ENRICHMENT

Decorate your Door for The Holidays Contest



WINNERS!

Thanks to all the residents who decorated their doors for the holidays!

The Life Enrichment team stopped by all floors in all buildings to take photos of the festive doors and found some winners!

Tis the Season! It pays to participate!

All the winners received a \$50 gift card to King Soopers!

Congratulations to the winners!

- **Grace Long, 304 West Building**
- **Raisa Kirienya, 1109 West Building**
- **Peggy Phillips, 132 South Building**
- **April Allen, 426 South Building**
- **Beverly Bolden, 408 East Building**
- **Carol Stewart, 517 East Building**



Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please contact Susan at 720-382-7849. It will be delivered to you along with the regular newsletter near the end of each month.



DMV2GO, the mobile service for the Department of Motor Vehicles **will now be coming onsite every quarter** so you can renew your license, apply for a new license, get a Colorado ID, etc. **The next date they will be onsite is March 25, 2024.**

You will need to contact the county motor vehicle for anything regarding handicap placards or vehicle services

TRIPS, CLASSES, AND EVENTS

Sign-ups, Cancellations and Refund Information

****Please arrive 15 minutes prior to departure time for every trip!**

Please note that all classes, activities and trips are open to all non-residents and the community; however, priority will be given to Kavod residents.

Non-Residents can request to be picked up at the JCC and can mail their payments to Kavod Senior Life, Attention: Connie, Life Enrichment, 22 S. Adams Street, Denver, CO 80209, **or pay with a credit card and go online at www.kavodseniorlife.org** to sign-up and pay, click on Senior Living tab, Kavod Senior Living Events & Trips.

All trips must be paid by deposit or in full at the time you sign up at the front Reception window and must be paid in full by the deadline. Call Connie with questions.

Sign-up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at <https://kavodseniorlife.org/campus-activities/activity-signup/>

The Activity sign-up sheet inserted in the Voice is to help you track and remember what trips you have signed up for. You can fill it out and take it with you to the front office to pay for your trips.

Please pay close attention to the deadline dates. It is best to sign up and pay early to secure a reservation.

If you're unable to go on a trip, you must cancel by the deadline date to receive a refund. Exceptions must be approved by Life Enrichment Director. **There are NO refunds for concert, theatre or show tickets!**

Please note that payments can be made for all trips in installments to make them affordable for everyone. Amount of payments can be determined with Connie, to tailor for your own needs. All trips must be paid in full by the deadline.

For any questions or concerns, please contact Connie Moore at 720.382.7813 or email cmoore@kavodseniorlife.org

Please sign-in at all classes when you attend!

Upcoming Trips



Sign-up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at

<https://kavodseniorlife.org/campus-activities/activity-signup/>

*****Masks are no longer required at this time on the vans, but please wear one if that helps you feel more comfortable.***

Be sure to arrive 15 minutes before departure on all trips. We depart promptly at the departure time. Passengers are loaded in the vans in the half-circle drive in front of the East building.

For questions, please call **Connie, Director of Life Enrichment** at **720.382.7813**.



Life Enrichment schedules many **grocery and shopping trips** throughout the month, watch the calendar for dates and times. **Cost is \$3 round trip.**

ATTENTION NON-RESIDENTS WHO REQUEST TO BE PICKED UP AT THE JCC ON OUR TRIPS

The JCC has generously allowed parking in their lots while going on Kavod trips.

Please read the JCC "Parking Acceptance of Risk" below and know that by parking in the JCC parking lot you accept the parking risk as outlined below. Contact Connie at 720.382.7813 with any questions:

JCC Parking Acceptance of Risk:

I understand that by parking in the JCC Denver parking lot that the JCC Denver cannot be held responsible for damage, loss, theft, claim, or demands, and is under no responsibility to protect the vehicles in the parking lot.

I understand that the JCC Denver parking lot is not intended nor designed as public parking and parking overnight is not permitted.

I understand the lot is not locked or secured and the JCC Denver does not guarantee the security of the cars or property in the parking lot.

I understand that ticketing may occur if my vehicle is left overnight or after hours of operation.

I agree to assume full responsibility for and risk of property damage if I choose to park in the JCC Denver parking lot for the duration of a Kavod Senior Life or Kavod on the Road program.

Upcoming Trips



Wednesday, January 3
10:30 am – Van Trip
New York Deli News

Known for their tasty deli sandwiches, fresh salads and homemade soups, you'll be in for a treat when you travel with us to the New York Deli News for lunch. Menu selections range from \$10 - \$20, without tax and tip.

Cost Residents: \$5 transportation
Cost Non-Residents: \$10 transportation
Deadline: January 2



Tuesdays, January 9, 16 & 23
****NEW DEPARTURE TIME!**
11:30 am – Van Trip
JFS Food Bank & Pantry

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Pantry. Please bring your own bags.

You can go to the East building front Reception window to pick up the application, fill it out and then **sign-up for ONE trip each month**. There is no cost for this trip.

No cost but you must fill out the application and sign up. For questions call Connie at 720.392.7813.



CANDLELIGHT
 DINNER PLAYHOUSE

Sunday, January 7
11 am — Van Trip
Joseph and the Amazing Technicolor Dreamcoat
The Candlelight Dinner Playhouse

Enjoy a wonderful lunch where the actors are your servers at this live theatrical performance. This is Colorado's largest, most elegant and most spacious professional dinner theater!

Live Theatre, transportation, lunch, coffee/tea, tax and tip are included. One of the most wonderful shows of all time, Joseph and the Amazing Technicolor Dreamcoat is a reimagining of the Biblical story of Joseph, his father Jacob, eleven brothers, and the coat of many colors.

Cost Residents: \$65 – includes show, lunch and transportation

Cost Non-Residents: \$85 – includes show, lunch and transportation

Deadline has passed, check front desk for availability.

Upcoming Trips



Friday, January 12

1 pm – Van Trip

Lumonics Light & Sound Gallery

Join us for a delightful **guided tour** of one of the first and longest-running light art projects in the United States. Lumonics is a multisensory environment of light sculptures, video art projection, and music. On this trip you will have a tour of the gallery, art studio, and the Lumonics School of Light Art, a rotating display of 75 light sculptures from a collection of over 200 from the past 50+ years. Experience the Light and sound immersion, featuring the Lumonics Light Orchestra. Lumonics Immersed is an innovative approach to art and creativity, and can be a memorable and transformative experience. This one-of-a-kind experience will leave you feeling inspired and energized.

Residents Cost: \$15

Non-Residents Cost: \$25

Deadline: January 9



Sunday, January 14

10:30 am – Van Trip

National Western Stock Show & Rodeo!

- Tour the Western Stock Show Exhibits
- Tour the Livestock Exhibits
- Attend Pro Rodeo at 2 pm

The National Western Stock Show established in 1906, is the premier livestock, rodeo, and horse show in the nation! This is Colorado's largest western trade show, attracting attendance numbers of 700,000 visitors each year! You will have the opportunity to buy western merchandise as well as a choice of many food vendors for lunch.

You can visit the National Western Complex and event center that has over 300 retail vendors selling a variety of products that include fine art, jewelry, and clothing. Food vendors are located in the NW Complex and in the Coliseum where the rodeo takes place.

****Be sure to rejoin the group and come to the Coliseum and Rodeo Arena by 1:30 pm, and the Rodeo starts at 2 pm.**

Cost Residents: \$45 – includes ground admission, Rodeo & transportation

Cost Non-Residents: \$65 includes ground admission, rodeo & transportation

Deadline: January 10

Upcoming Trips



**Wednesday, January 17
12:30 pm – Van Trip**

Ice Castles in Cripple Creek & Dinner (Dinner not included in cost)

Invite your friends as we drive a scenic route to the mountain town of Cripple Creek, Colorado, just 2 hours southwest of Denver. Once there we will see the world renowned, amazing Ice Castles! The walking surface at Ice Castles is made up of crushed ice and snow. This creates conditions similar to that of a sandy or gravelly beach where most places are compact. Weather conditions affect the walking surface. The crews at Ice Castles work hard to ensure walking surfaces are not slippery, **but be sure to dress warmly with high traction snow boots, gloves and a warm winter hat.** Unfortunately, wheelchairs are not recommended on this terrain but walkers should be fine.



Slides made out of ice are great for the young at heart and kids if you'd like to bring them along.

****After visiting the Ice Castles we will have dinner in a local restaurant and then return to Denver. *Dinner is not included in***

the price. You may bring your own snacks and drinks on the van.

Our estimated return time is 9 pm, depending on weather and traffic.

Cost Residents \$25

Cost Non-residents \$45

Deadline: January 12



**Wednesday, January 24
9 am – Van Trip
Colorado Mountain Casinos**

Join us as we depart for the mountains for a day of fun! We drop everyone off at the Lodge casino in Black Hawk. You are welcome to go to whatever casino you choose.

For a FREE RIDE around town, *Jump on the Black Hawk & Central City Tramway* at the Lodge Casino. This Free local Bus Service connects you to destinations throughout The City of Black Hawk and Central City via 19 conveniently located bus stops.

Please be sure to be back at the designated spot and time given by our driver and staff to depart back to Denver. If you are not a gambler, just go for the beautiful mountain ride and visit local museums or have dinner!

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: JANUARY 19



TRIPS Coming in February 2024!



**Wednesday, February 7
6 pm – Van Trip**

Lamont Symphony Orchestra

Enjoy an exciting evening of music from the University of Denver, Lamont School of Music with their full Lamont Symphony Orchestra. The LSO spotlights several Lamont faculty members on this night of music by Mozart and Mahler. Ian Wisekal (oboe), Jeremy Reynolds (clarinet), Martin Kuuskmann (bassoon) and David Byrd-Marrow (horn) are the soloists in Mozart's Sinfonia Concertante. On the second half, Heidi Melton is the soprano soloist in Mahler's Symphony No. 4.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: February 5



**Thursday, February 15
8 am – Van Trip**

Mountain Horse Scenic Sleigh Ride

Join us as we travel to the beautiful mountain town of Breckenridge, Colorado for an unforgettable Horsedrawn Sleigh Ride with hot cocoa to drink! The stunningly beautiful and gentle draft horses will carry us through snow covered hills and winding trails. With beautiful skies and mountain peak views, we will enjoy a unique Colorado ski country experience. The scenic **hot cocoa sleigh ride** is approximately 30 minutes through the Swan River Valley. Be sure to dress warmly, wear your gloves and hats and snow boots. After the sleigh ride we will have lunch (not included) in Breckenridge and return to Kavod at **approximately** 4:30 pm. Handicapped accessible, but would require transferring to the sleigh. Call Connie with any questions.

Residents Cost: \$55, includes transportation & hot cocoa sleigh ride

Non-Residents: \$75, includes transportation & hot cocoa sleigh ride

Deadline: January 22



TRIPS

Coming in February 2024!



UNIVERSITY OF
DENVER

Lamont School of Music

Monday, February 26
6 pm – Van Trip
Lamont Jazz Orchestra

The Lamont Jazz Orchestra (LJO) is the University of Denver's premier large jazz ensemble. Made up of five saxes, four trombones, four trumpets, piano, bass, guitar and drums, the LJO performs the standard canon of jazz literature as well as original music by students and faculty.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: February 16

Classes & Events



Bingo!

Mondays

10:30 am – Pikes Peak Room

Enjoy a stimulating hour of fun and good brain exercise! No cost, win fun prizes and Kavod Kash!



Cousins Coloring Group

Tuesdays

6:30 pm – Shul Classroom

Cousins Coloring Group is back! Join the host resident Diane Devine for a fun and relaxing evening of adult coloring and a great social hour.



Tuesdays

(No class on Jan 2nd)

Opening Minds through Art 1 pm – Pikes Peak

Opening Minds through Art (OMA) is in session! Enjoy “failure-free” art with a student volunteer art partner from Regis University. All materials provided. ***Please reach out to Elizabeth, Life Enrichment Intergenerational Coordinator at 303.476.0185 or email estanbro@kavodseniorlife.org, to see if there are opens spots or if you have any questions.***



Tuesdays

In-Wii bowling

2:30 pm – Pikes Peak Room

*****Wii bowlers, please do not enter Pikes Peak before 2:30 pm as this interrupts the class in session before Wii bowling, thanks!***

Join your friends and neighbors for a fun afternoon of ***Wii bowling!***

Beginners welcome! We will teach you if you’ve never played before.



Bridge Players Club

**1st and 3rd Tuesdays
10 am - 3rd Floor Bridge**

Bridge on the Bridge! Have you ever wanted to play bridge? Watch seasoned bridge players and learn how it’s played. They can teach you the in’s and out’s of bidding and how to play a game that never gets old.

“Bridge not only stimulates the brain, but research has shown that regular bridge playing improves reasoning skills and long- and short-term memory.

You'll feel the neurons firing not only while you play, but long after too!



Mahjong Players

Wednesdays at 1:00 pm - 3rd floor Bridge

Play Mahjong alongside experienced players. **Call Susan if you are interested in playing at 720-382-7849.**



Wednesdays
10 am – Mt. Evans
(Changing to Mt. Blue Sky)

English Language Practice
Conversation Circles
With Carol

Everyone is invited to this English Language Practice group as well. You have many opportunities to practice your English! Carol Cloues volunteers to lead an English Language Conversation Circle for residents to get additional practice speaking English apart from formal class instruction. This class is open to anyone **whose first language is not English** and who would like more English language speaking practice in a fun and supportive environment.



Katie's Hand Crafts
2nd & 4th Wednesdays
2 pm - 3rd Floor Bridge

Each month moving forward, we will be doing a craft at the first session. We will be making a cloth/toilet paper pumpkin for the holidays.

Come join anytime, even to just sit and visit. Supplies will be provided for craft or knitting. We have been given a challenge to knit or crochet hats, scarves and mittens for adults, children and babies. The yarn is donated. If interested call me @ 630-292-6226 to let me know if you are interested.

We meet on the bridge the Second & Fourth Wednesday each month at 2 pm to 4 pm.



Thursdays, except NO session on the LAST Thursday of the month!

6 pm – Shul Classroom
English Language Practice
Conversation Circles
with Jonathan

You're invited to join your fellow residents in practicing your English in English language conversation circles. Kavod resident, Jonathan Harding, will be facilitating. Jonathan has extensive experience teaching English abroad to all levels and ages of students. All English language levels welcome. Conversation materials will be provided except paper & pens. ***This is not an English language class*** but rather an opportunity to practice your English skills and to speak with others who are learning the English language.



Fridays

1 pm – 2pm – 3rd Floor Bridge

Cow-mooobile (ice cream)

Meet us on the Bridge at 1:00 pm to 3:00ish for ice cream. We have reduced sugar & dairy free. In addition doggie ice cream.

Looking for one more volunteer to help with the Cow-mooobile.. We have added ordering mailing labels for \$5.00 for 60. Just ask. Pick up your address labels during this time



NO meetings in January

Kavod Player's Readers Theatre

Kavod Player's Readers Theater will be on hold through the end of the year. Look for upcoming sessions in 2024.



Current Events

****Please note this program is on hold for now.***



Drop In Tech Help!

Every 1st Tuesday of the Month

January 2

10 am – Noon

***NEW Location: 3rd Floor Bridge**

Join Emily from the Denver Public Library for Some tech help! Bring your own device, iPad, laptop, cell phone, etc., and she will help you.

*****When you arrive you will sign up for 15 minute time slots on a first come first served basis.***



**Getting The Best for
the Rest of Your Time**

The conversation continues

Tuesdays, January 2 & 16

1 pm – Shul Classroom

The conversation continues in figuring out together how to have these next days be more of our best days – best ever! Having more of what we most want in our lives is both simple and easy. What would you like the next chapter In the book of your life to be titled? Questions? Call Doug at 303-807-1903 or email at dougkrug@forunlearning.com



Wednesday, January 3
Fused Glass Art Workshops
1 pm – Pikes Peak

Join Artist Melissa Sweetser for a fun afternoon making fused glass art items.
***Please note: This class will be capped at 15 participants, no signup needed, walk-in, first come, first served basis.**

She will take the projects to her studio to be fired and they will be returned to you once completed, typically about a week. In the future, additional workshops will be available featuring night lights and sun catchers and other fused glass giftware.

All materials provided!



Thursday, January 4
10 am – Shul Classroom
Life Enrichment
What's Happening
Breakfast at Kavod

Join Susan for an **in-person** "Life Enrichment Breakfast & What's Happening at Kavod!" We will have coffee, tea, and breakfast goodies to enjoy during the meeting.

Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and events.

No cost, just drop in!



Friday, January 5
1:30 pm – Shul Classroom

Create your own jewelry with Kavod volunteer, Sabina Zhornitsky. Participants will design and make beautiful easy to wear jewelry. Sabina is bilingual in English and Russian and enjoys sharing her talents. **All materials are supplied.**



Sunday, January 7
4 pm – Shul Classroom

Painting & Wine with Polly

Join your friends and neighbors for a fun evening of painting and wine! Professional and FUN instructor, all materials, wine and laughter are provided!



Sundays, January 7 & 21
12:30 pm – Main Dining Room

Music while you dine

Enjoy some lovely piano music by Christine during brunch.



Sunday, January 7
5 pm – Dining Room
Kavod Sing Along Group

If you love to sing come join us. No need to read music, singing for the fun of it!



Monday, January 8
6 pm – Pikes Peak

Karaoke Night & Happy Hour

Join us for fun evening of Karaoke, singing and Happy Hour! Enjoy one complimentary drink. **No cost or deadline, just drop in!**

Resident Council Gathering ***For Russian Speaking Residents**

Monday, January 8
1 pm – Shul Classroom

From Resident Council President Katie Barbier: We have a Resident Council Gathering for our Russian speaking residents each month to share all of the information from our general meeting. We have a translator. This gathering will support the over-all information that you may not be aware or need to know. We will bring the information on changes & events, introduce & provide Department of the month to bring management in for updates and changes, listen to your concerns and make the changes if we can. We have the District 3 Police Department come each month and report on what is happening in the Cherry Creek area. Snacks are always served.



Tuesday, January 9
10 am – Gathering Room

Gratitude Sharing with Susan

Gratitude makes for a positive attitude!

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways. We will discuss things we are grateful for, in addition to reading positive stories together.

You will also be invited to share your daily thoughts on gratitude with a **gratitude journal**, provided at no cost to you.



Kavod Low Vision Education & Peer Support Group

Please note! *NEW time, day & location!

**Wednesday, January 10
10 am – Gathering Room
(West Building, first floor)**

*****NO Call-in option, In-person ONLY!***

This month's topic will be **"Vision Research Review."**

Learn about adaptive skills, technology, and resources for living with low vision from peers, guest speakers, and the Facilitator, Alexia Diaz, Beyond Vision Skills Trainer, 720-263-0429.



**Thursday, January 11
12:15 pm – Gathering Room**

The Jazz Cafe

Enjoy some lunchtime Jazz tunes with Kavod's favorite Jazz Band! Feel free to bring a sack lunch and join your friends and neighbors in the Gathering Room in the West building for a fun hour of jazz music.



**Thursday, January 11
2 pm – Shul Classroom
The Brave Space (LGBTQ+)**

"Brave Space" is a safe space for LGBTQ+ residents and our allies! We have open discussions on our family and friends in the LGBTQ community. (*This is a fully confidential meeting. What is said here stays here.*)

All attending will be asked to agree to keep full confidentiality.



The Joy of Writing Workshop

Sundays, January 14 & 28

1 pm - Shul Classroom

Come join our Sunday afternoon writing workshop to express yourself, try out new writing techniques, and share your work. We welcome writers of all levels of experience!



Wednesday, January 17
12:15 pm – Gathering Room
Drumming with Karen!

Drumming has many benefits! Here are just a few:

- Improves cognitive function. Drumming can help to improve cognitive function including memory, attention, and problem-solving skills
- Reduces stress and anxiety
- Boosts mood
- Improves physical health
- Promotes social interaction

Drums are provided, join in on the fun!



Wednesday, January 17
1 pm - Pikes Peak Room
History of Railroads in the United States

A century and a half ago, the "Golden Spike" completed the construction of the First Transcontinental Railroad. ***Join Active Minds as we review the rich history of railroads in the United States.*** We will explore the role they played in building a young country as well as the industry titans that emerged to build and control them. We will bring the story all the way up to the present, discussing current freight and passenger train issues and opportunities. All aboard!

Resident Planning with Resident Council
Wednesday, January 17
2 pm – 3rd floor bridge

Join Katie from Resident Council to learn about all that they are planning for their upcoming events. Come join in and help make our community jump & shout with excitement. **We will have a Super Bowl party on February, Sunday 11, 2024 at 4 pm in Pike Peak.** WHO cares about who is playing! We will have snacks, and BYB.

Resident Council Gathering

Thursday, January 18
1 pm – HWC/Pikes Peak

From Resident Council President Katie Barbier:

Happy New Year to you all. I want to say that this last year we have had a lot of fun, tried new things, given of ourselves in so many ways, i.e., the Mustard Seed donating \$400.00 to the Adopt-A-Purse program and the many donations from residents to help us continue to bring the community together. I'm excited about the New Year and the many neat ideas coming your way. It takes a **Village** to make things happen and we are well on our way.

We have so many new things we have created that you may not see, like a spreadsheet for the Treasury, Letterhead stationery, a fundraising letter to families, an email address you can use, (kavodresidentcouncil@gmail.com) a non-profit letter to use at stores and debit cards to make purchases easier & we are starting a Russian Council Meeting so they can be part of the news, events and changes we hear about in our gatherings.

CAN'T GIVE MONEY TO RESIDENT COUNCIL?

There are three ways you can this year! PROVIDE A RECIPE OR TWO! SUPPORT THE BAKE SALES/COW-MOOOBLE **OR** have your friends or family make a donation to the Resident Project that has been set-up to receive donations for Resident Council. Your family would have had gotten a letter in November. Have them make the check out to Kavod Resident Council and mail to Kavod Senior Life, 22 S. Adams, Street, Denver, Co 80209. We wanted to reach out to families to

help provide the money to support the councils programs and events. These are SEVERAL ways you can help. THEY ARE HUGE FUNDRAISERS FOR RESIDENT COUNCIL. We depend on donations as we do not have a budget to do what we do. It doesn't matter how much. **It is never too late to donate.**

Upcoming Events to Watch for NEW THIS

YEAR: We want to try this out to see if it will help with food shortages here. So reaching out to support this event for Kavod residents.

Food Give & Take, Wednesday, January 28, 2024 on the Bridge from 10:00am to 2:00 pm. Any food items left will go to the church who makes meals twice a month for Comititis Crisis Center in Aurora.

How about a Sock-Hop, bring a pair of clean socks for our partner Comititis Crisis Center for the Homeless. There has been a large amount of immigrants that have arrived in the last month. We can support them with socks too!

Resident Council Needs volunteers to become building representatives in West Building and South. We also need a Secretary. Contact katieb @630.292.6226 or kavodresidentcouncil@gmail.com, for further information

Here are your Resident Council Board Members

Katie Barbier, President, 818 E
Sarah Mertz, South Bldg. Rep., 804 E
Karen Wollman, Vice President, 805 E
Lea Trager, East Bldg. Rep., 602 E
No Secretary
Roz Smith, East Bldg. Rep., 920 E
Tracy Chamberlain, Treasurer, 409 E
Peggy Phillips, South Bldg. Rep., 123 S
Doug Krug, West Bldg. Rep., 601 W
Debra Hitt, Hospitality Chair, East Bldg. 611 E



**drinks dessert
& dancing** Birthday Celebration



Tuesday, January 16

5:15 pm – Bistro/Dining Room

Birthday Celebration & Concert

Enjoy an evening of legendary music by critically-acclaimed performer and Colorado favorite, *Leonard Barrett, Jr.*

If you have a birthday this month you will receive your birthday gift at this party.

Everyone welcome, join in the fun even if it's not your birthday, celebrate with your friends and neighbors!

We will have wine, beer, sodas and cupcakes for everyone in the Bistro!



EAST BUILDING

Achon Aghakhanian
Lloyd Chavez
Svitlana Demchenko
Klavdiia Gnatyk
Vivian Goldstein
Parvin Iravani Manesh
Edmund Karcher
Rakhil Koretskaya
Sarah Mertz
Emiliya Nisnevich
Tatyana Sarri
Karen Wollman

SOUTH BUILDING

Gayane Amirkhanyan
Svitlana Arkhypova
Larisa Buryakova
Suzanne Callahan
Ariadna Gheorghiu
Gagik Kardalian
Mariya Martynyuk
Vajiheh Masrouri
Edward Myers
Zinaida Nihamkin
Nelli Shargorodskya
Barbara Strickland
Natalia Vasilius

WEST BUILDING

Irene Cohen
Susanna Goff
John Hartig
Gwenneth Hinz
Sandra Kolesnikova
Natalya Kondratyeva
Liudmyla Kyrichenko
Joan Ravenna
Myra Shuman-Bast

“Здравствуйте” (Zdravstvujite) “Hello”	“До свидания” (Do svidaniija) “Goodbye”
“Меня зовут...” “My name is...”	“Где можно получить багаж?” “Where can I get my luggage?”

Sunday, January 21
3 pm – Shul Classroom

***NEW!**

Beginning Russian Conversation **(For English Speakers)**

At the request of Kavod residents, there will be monthly beginning Russian conversation classes **for native English speakers who wish to learn simple phrases and vocabulary in Russian.** Volunteer, Adelya

Baimukhamedova, a native speaker of Russian who is fully bilingual in English as well, will lead a fun and interactive class.



Mondays, January 22 & 29

Denver Public Library Bookmobile

2:30 pm – 4 pm
Gathering Room

We are excited to let you know that a Russian speaking library staffer will be available during the regularly scheduled visits!

The Bookmobile sets up for two hours at Kavod each month so you can checkout and return books. Call 720-865-1112 or email mobile-services@denverlibrary.org with questions or to place items on hold.



Challah Braiding Workshop **with Luisa**

Thursday, January 25
2 pm – Pikes Peak

Enjoy a fun afternoon of creating Challah braids! Each attendee will make one full-size challah and four rolls, which will enable everyone to learn lots of different shapes! You will take your braided loaf and rolls home with you to bake fresh for Shabbat! Everyone loves challah, and it tastes even better when you make it yourself!
No cost and all materials provided!



Scrapbooking Fun

Sunday, January 28

4 pm – Shul Classroom

Scrapping our family history and your genealogy history. You do not need to be an expert! You can start any time. This is an opportunity to get that box of photos organized and displayed. This could be a gift you leave your family. We have acquired lots of new paper, stickers, and other supplies. Scrapbook not provided. (Do not buy until later). Register at front desk. Call Katie at 630.292.6226 for further information.



Food Give & Take

10 am – 3rd Floor Bridge

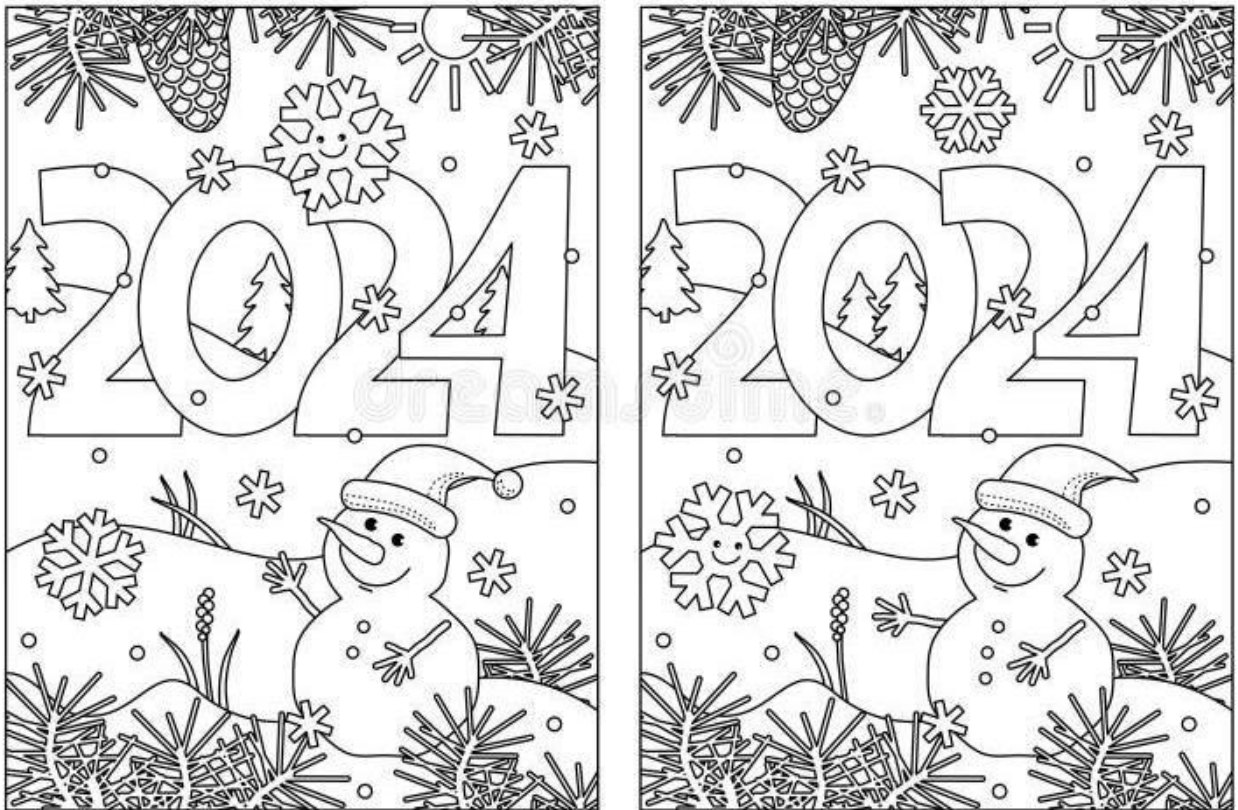
Wednesday, January 31

Resident Council thought we would try this one. TIME TO CLEAN OUT YOUR CUPBOARDS. You can bring food items that are dry goods i.e. pasta, flour, sugar, cake mixes, rice's, Ramen, Jello and canned goods like beans, soups, fruits, and much more. WE WILL NOT TAKE FRESH ITEMS, FROZEN OR OUT OF DATE ITEMS. You can bring your food items to the bridge stating at 10 am and take items up to 2 pm. The fun is if you see something you need or want you can take it.



*Happy New Year from your Legacy team!
Wishing everyone a happy and healthy 2024.*

Find 10 differences.



Though the holidays can bring a lot of joy, they also can be a bit stressful. Stress sneaks into our lives at any age! Cortisol is the “stress hormone” and elevated levels of it has been shown to increase the risk of developing Alzheimer’s Disease. Therefore, managing stress is essential to both brain and body health! Traditional meditation practices, mindful breathing, listening to music, yoga, simplifying your life, meaningful relationships and walking meditation can assist in mediating the effects of stress. If you’re looking for ways to improve your management of stress, please feel free to reach out to your Legacy clinicians. Therapists are trained in supporting mindfulness and ways to support your overall well-being!

**Give us a call to see how we can assist you, or visit us in the Health and Wellness Center!
303-321-2452**



November Gifts

ACTIVITIES

Lisa Francione, In Memory of Michelle Allen, z'l
Michael & Wendy Klein, In Memory of Grigoriy
Umansky, z'l
Sandra Kolesnikova

GENERAL

Garrett Barter
Dennis & Jo Battock, In Memory of Donald
Huttner, z'l
Connie Burke
Robin Chotin, In Memory of Donald Huttner, z'l
David Engleberg, In Memory of Donald Huttner &
Elaine Wolf, z'l
Sylvia Epstein, In Memory of Donald Huttner, z'l
Sarah S. Fun, In Memory of parents & siblings, z'l
Louis Gelfand
A. Barry & Arlene Hirschfeld, In Memory of
Donald Huttner, z'l
Meredith Levy, In Honor of Miles Cohen
Jim Mack
Scott & Jolene MacKay, In Memory of Donald
Huttner, z'l
Dale Marcus, In Memory of Jerry Marcus, z'l
Robert Mintz
Michael & Leslie Mook, In Memory of Donald
Huttner, z'l
Kelly & Katie Peters, In Memory of Elaine Wolf, z'l
Casey Rosenberg, In Memory of Donald Huttner,
z'l
Sharon & Justin Roth, In Memory of Elaine Wolf,
z'l
Michele & Jordon Scharg, In Memory of Donald
Huttner, z'l
Michael & Traci, In Memory of Donald Huttner,
z'l

Lou & Lori Sigman, In Memory of Donald
Huttner, z'l
Yvette Trachtenberg, In Memory of Donald
Huttner, z'l
Harold & Sharron Weinstein
Gaile Weisbly Waldinger, In Memory Grigoriy
Umansky, z'll

HEALTH & WELLNESS

Michael & Wendy Klein, In Memory of Elaine
Wolf, z'l

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD SPONSORSHIP

Assured Partners of Colorado
Pinkard Construction

KAVOD ON THE ROAD ANNUAL CONFERENCE

Linda Carney

KAVOD ON THE ROAD

Carolyn Steele, In Honor Rebecca Gershten

KAVOD ON THE ROAD PARTNERSHIP

Alzheimer's Association
B'nai Havurah
Congregation Rodef Shalom
Shalom Park

SHUL

Birdie Becker
Charles Buckman-Ellis, In Honor of Rabbi
Stephen Booth Nadav